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U.S. INAUGURAL ATTRACTIONS INCLUDE FLOTUS WARDROBE PAGE 3

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JET IN THE NET

The Winnipeg Jets' Blake Wheeler sits on the ice after sliding and dislodging the net during overtime in the team's second game of the season against the Boston Bruins on Monday. The Bruins won 2-1 in a shootout. MICHAEL DWYER/THE ASSOCIATED PRESS

City taxis could soon idle in front of fire hydrants

Cabbies agree. Report recommends allowing taxis to park in front of designated fire hydrants

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Winnipeg's largest taxi company is applauding a city report that advocates allowing taxis to park in front of designated fire hydrants in the downtown area.

"I'm really happy about it," said Andrew Ross, general manager of Unicity Taxi.

"It has worked in other cities, and if there's an emergency of any sort, they can move the car. It's safer for people."

The report, which calls for amendments to the Province of Manitoba's Highway Traffic Act and the city's traffic bylaw, is on the agenda of Mayor Sam Katz's powerful executive policy committee meeting on Wednesday.

Ross said people now expect "door-to-door" service from taxi companies, forcing the vehicles to stop in lanes with regular traffic, creating a safety hazard for all involved. This makes the fire-hydrants solution ideal, he added.

If the amendments take place, the city would initiate a six-month pilot project at seven fire hydrants, mostly along streets between Graham and St. Mary avenues.

In the report, city officials said that, aside from fire hydrants, more space could only be achieved by taking away regular, paid parking spaces, which would be a burden on drivers and mean less pay-station cash for the city.

They also pointed to a similar pilot project in Calgary that proved successful.

"The underlying premise of this concept is that because the taxi driver is always in the vehicle, the driver should be able to quickly vacate the curb space if access to the hydrant is required by an emergency vehicle," states the report authored by city engineer Luis Escobar.

Skepticism at 'Canadian' militants

Fake passports may explain Algerian claim: Ottawa PAGE 4

It runs in the family

Daughters step out from the shadow of famous parents to make their mark on screens big and small PAGE 7

Doin' the mess around

Filmmaker explains the science behind his provocative documentary on why men cheat PAGE 17

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NEWS

$600K. Lake Winnipeg programs get funding

The Manitoba government is dedicating more than half-a-million dollars to programs designed to help Lake Winnipeg.

Gord Mackintosh, minister of conservation and water stewardship, announced on Monday that $600,000 will be spent on nine initiatives to restore the health of the province's largest lake.

"Like many other Manitobans who have seen and enjoyed its vast beauty, I feel a strong connection to Lake Winnipeg and take the responsibility of restoring and maintaining its health very seriously," said Mackintosh in a press release.

"These programs and research projects will both reduce the amount of nutrients entering our waterways and help undo the pollution they have caused."

Of the total, $75,000 will fund the ongoing work of the Lake Friendly initiative, which is run through a partnership of nine municipalities along the south basin of Lake Winnipeg.

Another $100,000 will be given as a grant to the Red River Basin Commission, a key partner in the work being done by the International Joint Commission. METRO

Snow piles. City launches round-the-clock cleanup

The City of Winnipeg is taking advantage of the clear weather and initiating a round-the-clock cleanup of huge snow piles and ice off bridges, underpasses and intersections.

The cleanup, which began Sunday night, will continue 24 hours a day for the next few weeks, the city said in a press release.

Motorists are advised that to help the snow-hauling operation, temporary no-parking zones will be placed in advance at some locations. Vehicles parked in violation of the temporary no-parking signs may be ticketed and towed.

The city said the snow hauling will help make roads, bridges and sidewalks safer for drivers, cyclists and pedestrians.

Dozens of pieces of heavy equipment and trucks, such as front-end loaders, large snowblowers and semi-trailers, may result in delays for motorists, so they're asking drivers to use extreme caution and care when near crews that are working.

Call 311 or visit winnipeg.ca/publicworks/Snow_Clearing_Policy for more information on the cleanup. METRO

St. Norbert gets flooded with funding

Farmers' Market. Funds will go toward water management, access, landscaping

The often flooded and soggy grounds of the St. Norbert Community Park and Farmers' Market will be dried out and expanded this summer through funding announced Monday.

Minister of State for Western Economic Diversification Lynne Yelich joined Winnipeg South MP Rod Bruinooge to add $250,000 in federal money to the $500,898 project.

"We're shin deep in water on farmers' market day, the kids' fitness trails have all washed away and we can't put any new benches or public seating in — they just wash away because we're inside a dike," explained Janice Lukes, who is managing the project. "So we are going to hold the water on the land in strategic spots and let it slowly be absorbed by native grasses and trees."

Lukes estimated about half of the work's cost will be spent on water management while the rest will be used to improve the market's entrance, park access, and pathways. Once the water is controlled, landscaping will be done, seating will be replaced, and upgrades will be made to the market's floor.

"You can't do that in a swamp, so we've got to fix the drainage first," said Lukes.

The City of Winnipeg has promised $121,300 and fundraising by community groups will pay for the rest of the project, which will start this spring. SHANE GIBSON/METRO

Visitors

St. Norbert is the largest farmers' market in Manitoba, with more than 150,000 visitors passing through each season.

Janice Lukes is project manager on a plan to manage water and make improvements around the St. Norbert Community Park and Farmers' Market this summer. SHANE GIBSON/METRO

Inquiry testimony

Relative told Phoenix was fine, after her death

The inquiry into the death of a Manitoba girl has been told at least one social worker insisted the girl was doing fine, two months after the child had been beaten and killed.

The testimony Monday from a relative of Phoenix Sinclair is the latest evidence that Manitoba's child-welfare system failed the child, even after her shattered body was buried near a landfill.

"I called basically every single agency Manitoba has to offer," the relative, who cannot be identified, told the inquiry. "No one knew who she was or how to locate her."

The relative was worried Phoenix was being abused by her mother, Samantha Kematch. The girl was often dirty, had head lice, and was overly quiet and withdrawn when with Kematch, the inquiry was told.

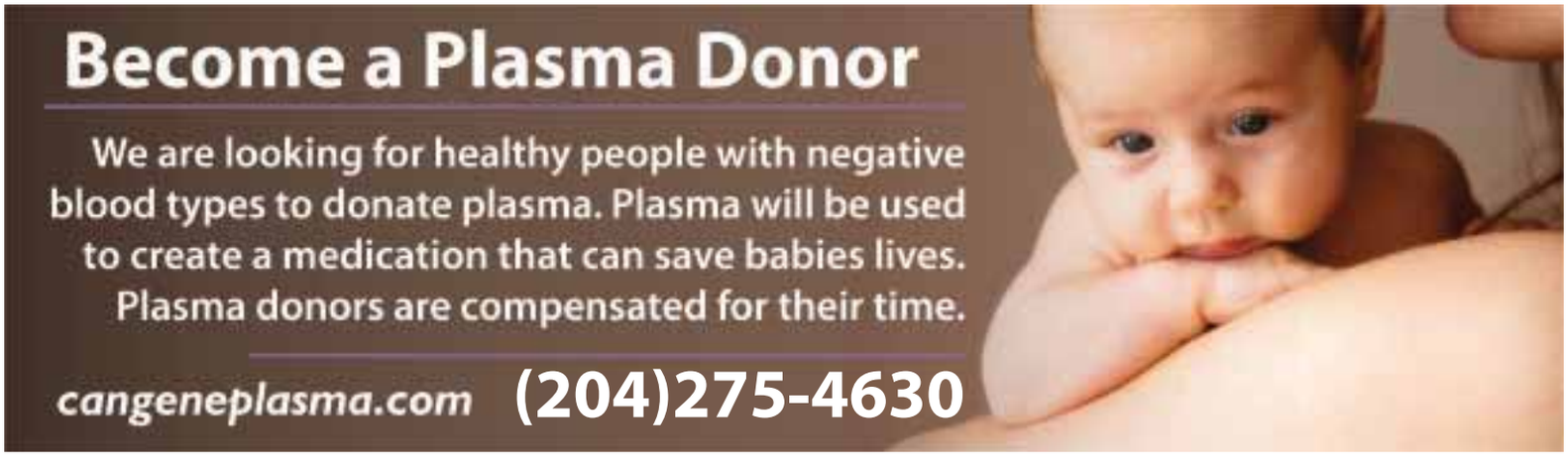
In 2005, the relative tried to get social workers to check on the girl.

The relative got nowhere in the first 20 or so phone calls, the inquiry was told, but was ultimately directed to a social worker at Winnipeg Child and Family Services who had been the case worker for Phoenix two years earlier.

"His last words to me were, 'She is doing fine and well,'" the relative testified.

"Those words ring in my head almost every day."

In fact, Phoenix, who was five, had been killed two months earlier by Kematch and Kematch's boyfriend, Karl McKay, after suffering horrific abuse and neglect. Her death would go undiscovered for another seven months as Kematch and McKay continued to collect welfare benefits with Phoenix listed as a dependent. THE CANADIAN PRESS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Obama takes 2nd public oath

Another term. U.S. president's inauguration speech sets out bold agenda for next 4 years

U.S. President Barack Obama and first lady Michelle Obama dance during the commander-in-chief inaugural ball at the Washington Convention Center during the 57th presidential inauguration Monday in Washington. EVAN VUCCI/THE ASSOCIATED PRESS

A solemn U.S. President Barack Obama took the oath of office for the second time in as many days on Monday, this time before an estimated 800,000 jubilant citizens who cheered on his appeal for Americans to come together and fight for cherished principles of justice and equality.

Obama's glitzy public swearing-in at the majestic Capitol building, featuring pop star Beyoncé singing the national anthem, took place on the national holiday devoted to revered civil-rights leader Martin Luther King Jr.

He then delivered a spirited, substantive 19-minute address that touched on his administration's priorities. Obama didn't shy away from some of the most hot-button debates currently raging in the United States, including immigration reform, gun control, climate change and same-sex marriage.

"Our journey is not complete until our wives, our mothers, and daughters can earn a living equal to their efforts," he said.

"Our journey is not complete until our gay brothers and sisters are treated like anyone else under the law — for if we are truly created equal, then surely the love we commit to one another must be equal as well."

Even as inauguration festivities played out across the U.S. capital all weekend, gun-rights activists held a Gun Appreciation Day as a form of protest against Obama's proposals to combat gun violence.

In addition to gun control, the next four years will also include a major push for immigration reform from the White House.

The Obama administration wants a sweeping bill that would include a path toward citizenship for millions of illegal immigrants already living stateside.

Obama will also face continuing pressure to bring the country's $16-trillion US national debt to heel. There will also be a decision in the weeks to come on the fate of TransCanada's Keystone XL pipeline.

THE ASSOCIATED PRESS

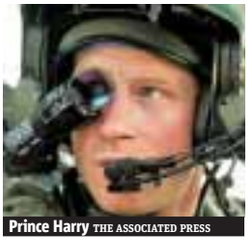
The first lady

What to wear ... what to wear...

First lady Michelle Obama headed out to Monday's inaugural festivities sporting a navy-silk, checkered-patterned coat and dress by Thom Browne that were inspired by a menswear necktie. The outfit was specifically designed for Obama, but Browne said he wasn't 100 per cent sure she was going to wear it until she came out with it on at inauguration.

"I am proud and humbled," he said.

Capt. Wales. Harry bids adieu to Afghanistan



Prince Harry THE ASSOCIATED PRESS

The U.K. Ministry of Defence revealed Monday that 28-year-old Prince Harry, a.k.a. Capt. Wales, is returning from a 20-week deployment in Afghanistan, where he served as an Apache helicopter pilot with the Army Air Corps.

In interviews conducted in Afghanistan, the third in line to the British throne described feeling boredom, frustration and satisfaction during a tour that saw him kill Taliban fighters on missions in support of ground troops.

He also spoke of his struggle to balance his job as an army officer with his royal role — and his relief at the chance to be "one of the guys."

THE ASSOCIATED PRESS

Philippines. Canadian man kills 2 people in court before being shot: Police

Police say a Canadian man opened fire in a Philippine courtroom, killing two people and wounding a prosecutor before he was shot and wounded by officers.

Police said the suspect appeared in a Cebu court Tuesday to face malicious mischief charges when he pulled out a gun and shot a prosecutor, a lawyer and another person.

Regional police director Marcelo Garbo said the gunman was wounded by responding police after ignoring orders to surrender and trying to fire at them.

He and the prosecutor were taken to a hospital.

The suspect was identified as John Pope, a resident of central Cebu city. Garbo said police were investigating his background.

The shooting came after several recent killings in the country that prompted calls for a tighter gun control.

THE ASSOCIATED PRESS

METRO CUSTOM PUBLISHING

Transit Tuesday
Weekly Transit News Update

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Talk to your HR rep about getting the EcoPass at your workplace. You and your fellow employees could save from 5 per cent to 100 per cent on transit. Visit our website for more information.

Inert explosive forgotten for two days on plane after dog training

British Columbia's transit police have been forced to explain how an inert explosive device used in a dog-training exercise was left on an Air Canada plane that then flew to Toronto.

The force has blamed a single officer who subsequently resigned and says new training protocols have been put in place in the last two years.

The bottle containing a small wad of explosive material was missing for two days before the dog-handling transit officer noticed in January 2011 that his kit was incomplete.

The incident wasn't made public until Monday, when documents charting the investigation were released by the Canadian Taxpayers Federation to bolster its argument to replace transit police with less-costly security.

The documents reveal that the device could not have detonated without a blasting cap, which wasn't attached.

"You could strike the material with a hammer, or light it on fire without it exploding," Anne Drennan, spokeswoman for the Vancouver-area Transit Police, said in an interview Monday. THE CANADIAN PRESS

Where's the bomb?

Authorities including the RCMP were involved in a vigorous search of the aircraft. They came to the conclusion the device had likely been picked up as trash and incinerated.

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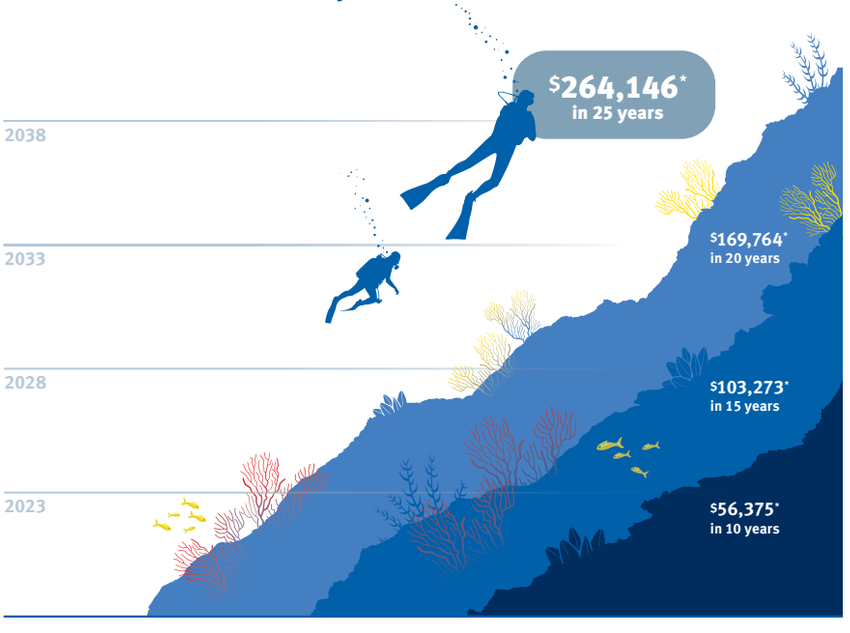

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Algerian firemen carry a coffin on Monday containing the body of a person killed during the attack in Ain Amenas. ANIS BELGHOUL/THE ASSOCIATED PRESS

Feds skeptical that Canadians helped attack plant in Algeria

Multinational force.
Ottawa wants to verify passports found on site

In the absence of reliable information, Ottawa is assuming that fake passports could be behind Algeria's claim that Canadians are among the al-Qaida-linked militants who attacked a remote desert energy plant.

Senior federal sources say the government is frustrated by a lack of information.

And they are unhappy that Algeria's prime minister went on television Monday and announced that two Canadian nationals were among the band of Islamist militants who took hundreds hostage.

"The concern is we want to see the documentation. We want to see what proves that they're Canadian," said one government official who was not authorized to speak publicly and requested anonymity.

"As far as we know, it's a fake passport."

Algerian Prime Minister Abdelmalek Sellal did not say Monday whether the Canadians were among the 29 militants killed by Algerian forces that stormed the site or the three who were captured alive.

Hostages who had escaped recalled hearing at least one of the militants speaking English with a North American accent.

Other unconfirmed reports said one of the Canadians was co-ordinating the attack.

According to former senior agents at CSIS, Canada's spy agency, it is plausible that there might be a Canadian connection to the Algerian debacle.

"The North African file has always been very important ... because we have a French community in Quebec, where they can establish themselves," Michel Juneau-Katsuya said.

CSIS has had the Algerian community in Montreal under surveillance for decades now, he said, citing a series of high-profile cases. THE CANADIAN PRESS

Oncoming storm

Canada's warming trend a bad omen

Environment Canada says warming trends across the country will mean more severe blasts of rain, wind, snow and heat.

Bob Robichaud, a warning-preparedness meteorologist, says 2012 was the 16th year in a row that saw higher-than-normal temperatures across Canada.

Over the last 10 years, just four of 40 seasons were cooler than normal.

Robichaud says experts are warning residents on the East Coast to expect heavier and more frequent storms. THE CANADIAN PRESS

Humboldt, Sask.

Olymel buys Big Sky Farms assets for $62.25M

Olymel said Monday that it has closed its deal to buy the Canadian assets of bankrupt company Big Sky Farms Inc., the second largest hog producer in the country, for $65.25 million. The deal includes all of Big Sky Farms' operations in Canada including its breeding herd, boar studs, maternities and finishing sites. The Saskatchewan-based company filed for bankruptcy last year due to high feed costs. THE CANADIAN PRESS

Market Minute

DOLLAR
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OIL
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GOLD
Closed

Natural gas: Closed
Dow Jones: Closed

Atari pushes reset button

In this 1984 photo, a woman demonstrates Atari's never-released Mindlink system, which let users control a video game by moving their forehead muscles. On Monday, Atari said that its U.S. operations have filed for Chapter 11 bankruptcy protection in an effort to separate from its French parent company, which is filing a similar motion separately in France. In a statement, Atari says the move is necessary to secure investments it needs to grow in mobile and downloadable video games. Atari, which turned 40 last year, was a video game pioneer with games like Pong and Centipede, but has changed ownership several times amid financial problems. THE ASSOCIATED PRESS FILE

Ottawa picked up expenses during CEOs' trip to China

Trade mission. Leaders who were part of PM's delegation in 2012 put meals, accommodation and more on public tab

The Conservative government covered expenses for some of the country's top executives as they accompanied the prime minister around China a year ago, a move business leaders and officials defend as a good investment.

The trip signalled a change of approach for Stephen Harper, who for years eschewed the idea of leading big trade offensives abroad.

The Public Accounts of Canada show that from 2006 to 2011, his wife Laureen Harper — and for many years his personal stylist Michelle Muntean — were the most common add-ons to the government tab.

Prime Minister Stephen Harper speaks to a business group in Beijing on Feb. 9, 2012. Top Canadian executives who accompanied Harper on the trip had some of their expenses covered by the government. THE CANADIAN PRESS FILE

Then came the China trip last February. The delegation to three Chinese cities included 30 executives from major oil, agricultural and manufacturing companies as well as roughly two dozen members of the Chinese-Canadian cultural community.

Compare that with a 2009 trip to China — Harper's first — when he brought along eight people, including Laureen, his stylist and four Chinese-Canadian businesspeople.

Corporations and associations including Bombardier, Cenovus Energy, the Canadian Association of Petroleum Producers and Cameco confirmed that the government paid for portions of the expenses, with the amount varying from firm to firm.

THE CANADIAN PRESS

By the numbers

$1,200

The Foreign Affairs Department says local transportation, accommodation, meals and "miscellaneous expenses" incurred by an official delegation are covered by the government. For the 2012 non-governmental participants, that meant an average of $1,200 a person.

Cost of credit cards is hurting businesses, federal NDP says

The federal Opposition on Monday called on the Harper government to stop credit card companies from charging businesses higher fees for using premium cards.

The call came as a federal competition tribunal prepared to rule on whether Visa and MasterCard are engaging in anti-competitive behaviour.

Small business groups hope the tribunal will recommend that Ottawa forbid the major credit card companies from forcing retailers to accept cards that carry higher payment processing fees.

The high cost of processing credit card payments is hurting businesses, said Glenn Thibeault, the NDP consumer protection critic. "Ultimately this results in reduced profit margins for merchants and higher retail costs for consumers," he said in a statement.

Small business groups say retailers who accept credit and debit cards should be able to refuse cards with higher processing fees. THE CANADIAN PRESS FILE

Processing fees

- Canadian companies already pay the highest credit card-processing fees in the industrialized world, although Canadians enjoy some of the lowest debit fees among G20 nations.

In 2010, the Harper government introduced a voluntary code aimed at protecting small business from abusive practices by credit card companies. The code is designed to protect small businesses, said Kathleen Perchaluk, Finance Minister Jim Flaherty's press secretary.

THE CANADIAN PRESS

Government compliance

Red tape costs firms $6K per employee: Study

Canadian businesses spend an average of nearly $6,000 per employee each year on regulatory compliance, or red tape — about 45 per cent more than their counterparts in the United States, according to a study released Monday.

The Canadian Federation of Independent Business, one of the country's largest private-sector lobby groups, says that red tape amounts to $5,942 per employee in Canada, compared with $4,084 in the United States.

The federation estimates that the total cost of regulation for Canadian businesses is $31 billion a year, a figure that has hardly changed since the group began tracking the cost in 2005.

Tony Clement, the minister who heads the federal government's Treasury Board, says the Harper government began soliciting suggestions for reducing red tape in 2010 but adds it takes time to put changes into place

"We sought out advice from those most affected by red tape on how we could alleviate the situation," Clement said during a policy announcement Monday. THE CANADIAN PRESS

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FRIENVY: WISHING OTHER'S FACEBOOK PHOTOS WERE YOUR OWN

SHE SAYS...
Jessica Napier
metronews.ca

Is everyone having more fun than me?

It's a nagging thought that keeps creeping into my consciousness and I can't seem to get rid of it. I mean, is everyone else out there making more money, having more sex, drinking better wine and basically being better at life than me?

Gasp!

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings, and European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of.

You'd think I would have grown out of this insecure jealousy when I left my angsty teenage years and emerged as a confident and happy adult. As if. Now I'm in my twenties and my attachment to social media (which occasionally borders on obsession) only exacerbates my problem.

In many ways, social networking sites like Facebook and Instagram feel a lot like high school. Except now I don't have to wonder what everyone else is doing; now I know I'm missing out because I'm spying on the cool kids at their cool-kid parties in real-time while I just lie on the couch listening to a Harry Potter audio book.

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings, and European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of. It seems that every single person I stalk (follow) online seems to be doing something designed to make me feel like my life is utterly boring.

But of course, that isn't the case. I too have posed obnoxiously next to champagne bottles and posted show-offy travel photos from Greek islands; I'm sure I've been responsible for igniting other people's jealousy from time to time.

The key to living with this is to give yourself a reality check every once in a while. I have to force myself to step away from the #humblebrags and the Rich Kids of Instagram and realize that these are just the highlights and no one is having the Best. Night. Ever every single night. We all stub our toes, clean the bathroom and go to the dentist occasionally; we just don't feel the need to immediately snap, hashtag and upload these particularly mundane moments.

Follow Jessica Napier on Twitter @MetroSheSays

Think your friends are having more fun than you? They probably are. Not.
ISTOCK

It's the Starlight Express

BRAD GOLDPAINT/SOLENT

Astrophotography

Photog captures star trails lakeside

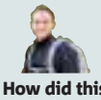
It's a wild starry night up above, reflected in the stillness of the lake below. Photographer Brad Goldpaint shot this stunning image at Sparks Lake near the Cascade Range mountain range in Oregon.

These star trails are made by merging photos of stars recorded as the Earth rotates over time. The camera's shutter is open and the exposure times are long.

METRO WORLD NEWS

Q and A

Reconnect to the night sky



BRAD GOLDPAINT
Photographer

How did this picture come about?
I took the photograph at Sparks Lake in Oregon, about three kilometres from the nearest road. I arrived at sunset and stayed there the whole night. I captured hundreds of images, which I later stacked together using Photoshop to create the final photograph.

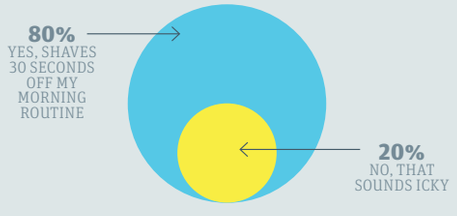
Why did you pick this location to take your star trails?
First and foremost, a lot of experience — I have been a night sky photographer for three years — preparation and patience go into picking the right place. For example, the night sky here at the lake shows Polaris, or the North Star, which is key to forming the centre around which the star trails swirl.

What message do you hope people will see inside your photography?
I want to reconnect others with the night sky, especially since our city lights have cut off this connection. I have donated images of mine to the International Dark-Sky Association to raise awareness of light pollution. Also, having worked as an architect, I apply my trade to photography by showing visual representations of fixed patterns, in an attempt to find meaning and emotion.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would you wear moisturizing jeans?



Twitter

@EnvirnonCanada:
Toronto minus 7, but it feels like -15, Montreal -15, but it feels like -30, Winnipeg -30, but it feels like...it's all a bunch of nonsense

@snowbear:
From the sounds of it, people have forgotten how to do winter properly here in Winnipeg this morning. Bunch of whiners.

@SegoviaTapasBar:
Guys! In case you somehow missed it, it's really really really cold out!!!!!!!

@colleenosaurus3:
I'm very aware that I live in Winnipeg, I don't need screenshots of the weather to remind me of how cold it is...

@brsulyma:
Can't we put some sand down #winnipeg? At least on the main drags aka route 90...

metro
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DVD review

End of Watch

Director. David Ayer

Stars. Jake Gyllenhaal, Michael Pena, Anna Kendrick

●●●●○

End of Watch begins as just another LAPD cop story, something writer/director David Ayer is all too familiar with, having written Training Day and directed Harsh Times and Street Kings. Officer Brian Taylor (Jake Gyllenhaal) is an ex-marine studying film at night school. He wants to make a video, in defiance of police rules, on what it's really like patrolling L.A.'s rock-hard South Central 'hood. To this end, he and his partner, Officer Mike Zavala (Michael Pena), are packing tiny cameras. Crime is rampant in L.A.'s toughest division and the good cops have to turn a blind eye to petty offences because there's too much really bad stuff going down to keep them occupied. "Try not to kill anybody before end of watch," a superior says as Taylor and Zavala are assigned to a patrol. The officers' dedication to their jobs and each other is put to the test when they run afoul of drug lords during a routine traffic stop, and a twisted sense of neighbourhood pride becomes a vow to exact revenge. It's refreshing to see the boys in blue be the good guys for a change.

PETER HOWELL

Don't call me daughter

Sure, familial connections can kick open plenty of doors, but most next generation talents struggle to make the grade and live up to their star-powered lineage. Lately a passel of gals have made coming into their own while slipping the looming and lengthy shadows of their glitterati parents look easy. We salute this generation's Kate Hudsons and Liv Tylers

MIKE DOJC
scene@metronews.ca

Dakota Johnson

2006's Miss Golden Globe, an honour typically lavished upon celebrity spawn, toed into the movie biz's alluring waters before taking the plunge. The model/actress's film debut wasn't exactly a stretch. Johnson played one of her real life mom's daughters in Crazy in Alabama. Last year she hit her stride with turns in 21 Jump Street and The Five Year Engagement before garnering top billing on Fox's quirky comedy Ben and Kate. Johnson is Kate, a tenderhearted single mom with a pinch of nervous energy and a dash of sass who co-parents her daughter with her nutty older brother. Watch out Dakota Fanning, there's another blonde named after the same Native American tribe gunning for your Google ranking.

Pedigree: Don Johnson and Melanie Griffith are her parents and Antonio Banderas is her stepfather.

Zosia Mamet

After piling up a flurry of small roles in offbeat independent fare and snagging high profile yet fleeting part-time gigs on NBC's Parenthood and Showtime's United States of Tara, Mamet blew up faster than a Glengarry Glen Ross quote. Zosia's proper breakout came when she landed the part of Joyce on Mad Men, a photo editor for Life Magazine who gives Peggy Olson a window into NYC counterculture. She then showed her character acting virtuosity, segueing from a worldly lesbian in the 1960s to Shoshanna, a bubbly short form happy chatterbox who is also the most innocent member of the Girls gang.

Pedigree: Pops David Mamet is an Oscar-nominated screenwriter and Pulitzer Prize winning playwright. Mom is Oscar-nominated actress Lindsay Crouse.

Mamie Gummer

While Emily Owens M.D. flatlined after just seven episodes, Gummer shined and proved she has the chops to helm a series. A thespian straight out of the cradle, Gummer has been receiving rave reviews since she was three. In 1986's Heartburn, an adaption of a Nora Ephron's autobiographical novel starring Gummer's marvellous mama, the New York Times gushed that Mamie (using the pseudonym Natalie Stern at the time to avoid a media feeding frenzy) was "an inordinately cute baby" who was "already accomplished enough to steal scenes, even from Miss Streep." Critical acclaim also looks to be in the cards for her latest movie, The Lifeguard, which has been nominated for the 2013 Sundance Film Festival's Grand Jury Prize.

Pedigree: Calls sculptor Don Gummer dad and Meryl Streep mom.

Alice Englert

This Kiwi newcomer earned a British independent film award nomination for last year's Ginger & Rosa, but forget about across-the-pond kudos, she's about to conjure up a mass media maelstrom. Englert stars as a teenage witch in Warner Bros' Beautiful Creatures, the film version of the first book of the supernatural romance series The Caster Chronicles. Scores of malleable tweenage fan groups from twihards to tributes (Hunger Games devotees) will start obsessing over Englert in the run up to the Valentine's day release. Staying in the love story zone, Englert's future projects include Singularity, a time and continent-straddling epic with Josh Hartnett and Bollywood babe Bipasha Basu.

Pedigree: Her mother is Jane Campion, the first woman filmmaker to take home the Cannes Film Festival's top prize, The Palm d'Or.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift ALL PHOTOS GETTY IMAGES

Taylor second guessing the Swift search for love

Taylor Swift's patchy romantic history has helped her pen a number of hit songs, but it's also made the subject of more than a few punchlines, and the 23-year-old singer has had enough, according to Radar Online.

"At first Taylor just thought it was funny how much interest people had in her love life and she went along with it," a source close to the singer says. "But now she's the butt of jokes on Saturday Night Live, in the tabloids and on the late night shows. She laughed it off, but the jokes made about her at the Golden Globes got under her skin."

But Swift may also be taking all the criticism and turning it into something positive, using this as a chance to turn her love life around.

"The jokes being made about her love life embarrass her, but it's finally hit home with Taylor," the source says. "She really wants to make an effort to slow down and not jump from boyfriend to boyfriend. In a weird way all the negative press has really opened her eyes and will be good for her."

The Word

Famous friends and a front stage Fiasco: Welcome back Barack!

THE WORD
Dorothy Robinson
scene@metronews.ca

Yesterday was a big day for President Barack Obama as well as the celebrities in attendance for the 57th inauguration. Kelly Clarkson (who came with new fiancé Brandon Blackstock) performed My Country, 'Tis of Thee while Beyoncé Knowles (in an Emilio Pucci gown) cranked out the national anthem — and even got hugs from President Obama and First Lady Michelle Obama afterward. Looking on from the audience were Katy Perry and boyfriend John Mayer as well as Eva Longoria in a beautiful pink coral trench coat. And in an awesome snafu, Boston Celtics great Bill Russell was misidentified as Morgan Freeman by ABC announcer George Stephanopoulos.

At the official inaugural balls, such bold-faced names as Alicia Keys, Usher, John Legend, the cast of Glee, Brad Paisley, Nick Cannon, Jamie Foxx, Jennifer Hudson, Marc Anthony and Chris Cornell are expected to appear.

One celeb who had a less-than-fun inauguration experience? Lupe Fiasco, who was asked to leave the stage at a pre-inauguration concert in Washington D.C.

"Lupe Fiasco performed at this private event, and as you may have read, he left the stage earlier than we had planned," concert organizers said in an email to reporters. "But Lupe Fiasco was not 'kicked off stage' for an 'anti-Obama rant.' We are staunch supporters of free speech, and free political speech. This was not about his opinions. Instead, after a bizarrely repetitive, jarring performance that left the crowd vocally dissatisfied, organizers decided to move on to the next act."

Leonardo DiCaprio

A hunk and a hero: DiCaprio to spend free time doing good

Leonardo DiCaprio has gone from filming Django Unchained to The Great Gatsby and straight into The Wolf of Wall Street, and the schedule has taken its toll on him.

"I'm a little bit drained," DiCaprio tells German newspaper Bild. "I am now going to take a long, long break. I've done three films in two years and I'm just worn out." So what will DiCaprio be doing if he's not acting for a bit? Certainly not going on vacation. "I would like to improve the world a bit," he says. "I will fly around the world doing good for the environment."

My bad, Bieber: Strange Franco video was all in good fun

James Franco insists he meant no offense by the odd video he briefly posted online of himself lip-syncing to Justin Bieber's Boyfriend wearing a crooked baseball cap and a wig with very Bieber-esque bangs. (The clip was quickly taken down from Franco's WhoSay account, but not before copies of it could hit other sites.)

"I wasn't trying to diss him," Franco tells E! News. "I was asked to take it down by some people. Bieber didn't contact me, but I don't think he was too happy."

James Franco

Twitter

@jtimberlake
This is gonna be a GREAT Super Bowl! 49ers/Ravens?? Can't wait! i'm booking my flight to New Orleans right now! Oh wait... I don't have tickets. Dammit! Anybody know anybody?? LOL!

@Pink
tonight im grateful that ill never be a crotchety old man sitting on his computer complaining about politics while doing nothing to change it

@SteveMartinToGo
Amazing Super Bowl day: the San Francisco Boulevardiers will be playing the Baltimore Adventuristas!

@jessicaalba
When your meal starts off with a doughy truffle pizza you know you're in #heaven

Healthy eating

Five healthy habits to try this year

JULIA FURLAN
Metro World News

It's easy to take for granted the root of a New Year's resolution — to be resolute. According to Janet Helm, registered dietician and author of Cooking Light: The Food Lover's Healthy Habits Cookbook, getting healthy — and staying healthy all year — is about starting small.

"Your goal should be attainable. If you have success, that fuels greater success and then you can celebrate the little victories," Helm said

1. Cook more often
Firing up the stove — say, three times a week — is the foundation of healthy eating. Eating out generally means you'll consume at least 50 per cent more calories.

2. Eat a healthy breakfast
"When you start your day on the right foot, it leads to better habits throughout the day," Helm says.

Eating breakfast helps curb temptations for the rest of the day.

3. Be a mindful eater
Helm suggests eating all kinds of foods and focusing on controlling portions instead of restrictions.

4. Eat more fish
Follow the lead of Japan and Iceland — where the average life expectancy is 81 years — and incorporate more fish into your diet.

5. Be a part-time veggie
Helm suggests going veg once a week for all three meals and encourages experimentation.

Reasons to consider veganism in 2013

Kris Carr made some major life changes to confront a serious disease. BILL MILES

Top 5

Healthy habits you can steal from Kris Carr

1. Load half of your plate with vegetables.
2. Remove dairy from your diet and assess the sugars you're consuming.
3. It's not just about food but your mindset. Low self-esteem can be the number one thing that keeps people from making a change.
4. Strictly counting calories is missing the point. We didn't come into this planet with a set of charts. Calories only matter if you eat foods that have been heavily modified.
5. Empty calories cause endless hunger. Eat a more nutrient-dense diet in order to feel more satiated and crave less food.

Take note

Kris's kitchen basics

Use these spices: garlic granules, salt, pepper, turmeric, cumin and chili.

Nutritional yeast. Use this instead of cheese.

Tamari. This is a good alternative to soy sauce.

Olive and flaxseed oil

Grains. Quinoa (called the bachelor's grain as it's easy to make and high in protein) brown rice, millet and lentils.

Cashew nuts. Great for a snack or to use in desserts.

Want the recipes? Check out Metro's Food page to get recipes from Kris Carr's book Crazy Sexy Kitchen.

Diet. Cancer survivor and Crazy Sexy Kitchen author Kris Carr says it's time to deal with disease and obesity on our plates — she also shares her favourite vegan recipes

ROMINA McGUINNESS
scene@metronews.ca

Kris Carr liked smoking and fast food.

Not cooking.

So what? She was like any other 20-something-year-old living in a big city — stressed, tired and hungry.

But the day she was diagnosed with an incurable stage four cancer at 26-years-old, she knew her eating habits were partly to blame.

"I had a lot of confusion and chaos when it came to food. I only ate hamburgers, peanut butter and jelly. I was obsessed with calories, yet I lived on carbs and trans fats," she says.

Now a bonafide vegan, she wants you to know that you can turn your life around simply by changing your diet.

You have 60 seconds to make me go vegan. Go.
"Animal products, processed foods, refined sugars ... all these things create inflammation in the body, depress the immune system and mess with your hormones. Dairy can be difficult to digest. It creates mucus and contains growth hormones — so does flesh — which also contains saturated fat, which can cause dietary cholesterol."

OK, I'm convinced. The problem is, it's much easier to fry a steak than to steam broccoli.
"People complain about not having the time to cook. Well I have no time to get sick — it takes a lot of energy, time and focus. We can't wiggle our way out of eating well. Doing so will improve your life, so relegating it to something that's a drag is crazy."

Aren't you nervous meat and dairy lovers will want to throw your book in the trash?
"I'm not demanding people stop eating meat and dairy. Just that they eat less of it. I want people to become plant passionate — not vegan."

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In the latest issue of Best Health, on newsstands now, we offer seven ways to make sure you keep your own health at the top of your priority list.

Here are three to get you started.

1. Make appointments — and keep a schedule.
If you miss one and have to reschedule, it could mean a long wait. Set alerts on your mobile phone to remind you a week in advance.

2. Be proactive when you see your doctor.
Proactive patients take an active interest in achieving optimum health, even if it means hard work like losing weight or quitting smoking.

3. Speak up.
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Google searches for flu spiked nearly 240 per cent in the last month in Canada. ISTOCK PHOTOS

Google search reveals lots about who is sick

CELIA MILNE
life@metronews.ca

When you Google "flu," you're part of a giant trend.

Sniffing, coughing and shaking with fever, you grimly go online searching for remedies and a sense of how long you'll be sick. When tens of thousands of people do that, it's a helpful predictor that flu has hit your area.

"By counting how often we see these search queries, we can estimate how much flu is circulating in different countries and regions around the world," says Aaron Brindle, a spokesman from Google Canada, based in Toronto.

Canadian searches for "flu" on Google spiked 240 per cent in the last 30 days, according to Google, and are on a slight wane now. The province with the most flu activity is Manitoba.

Only clinical data can truly predict epidemics, but Google data provides health officials with early warning that a wave of illness is occurring. Seasonal flu causes an estimated half a million deaths a year worldwide.

What can you do to prevent the flu?

"Do not touch the T-zone — your eyes, nose and mouth," says Dr. Will Sawyer, an infection prevention expert in the U.S. and Canada. "These are the only portals of entry into the human body for all respiratory illnesses such as the flu."

Research that saves lives

In the 1950s, Winnipeg pediatrician Dr. John Bowman began research that would eventually save the lives of thousands of babies at risk of Hemolytic Disease. A rare condition now, the disease once struck newborns regularly when a woman with Rh-negative blood carried an Rh-positive baby. Negative and positive blood types are incompatible, which leads to a danger during pregnancy and delivery when the blood of the mother and baby can become mixed. Without intervention, the mother's immune system will treat the baby's blood cells as foreign and create antibodies to destroy them.

It used to be that many of these babies would die. But when Bowman developed 'Win Rho' (named after Winnipeg) in 1975, he introduced a way to stop Hemolytic Disease by preventing the mother from developing the fatal antibodies. Today, Cangene Plasma Resources in Winnipeg continues Bowman's work, collecting the raw material for WinRho SDF, made by the Cangene Corporation, which took over the doctor's groundbreaking work in the mid-1990s.

The raw material for Win Rho SDF - the anti-D antibody – comes from the plasma of dedicated donors. At the UM Smart Park facility, donors with Rh-negative blood who have anti-D antibodies make weekly plasma donations that help save babies around the world.

"I set a goal for myself to stop at age 65, but that's moved to 70. It keeps changing," says Heredith Flaig, lying back on a long padded chair with a needle taking blood out of her left arm. Flaig has been donating since 1975. Small scars on both her arms attest to her dedication to the project. "I have a plaque to mark my one thousandth donation," she says. "I look at that and think 'Okay, I can do a few more'."

Plasma is the yellow liquid portion of whole blood that helps carry red blood cells around the body. It has to be separated from the red blood cells in a centrifuge, in a process called plasmapheresis, and donors get their red blood cells back before they leave. Flaig remembers hearing Bowman's pep talks while she waited during what used to be a two-hour process: nurses removed whole blood first and took it away to separate red blood cell and plasma components. Now, the process is automated and only takes about an hour.

Donors range in age from 25 to 75. Many of the oldest donors helped with Bowman's work after personally dealing with the effects and losses of Hemolytic Disease before Win Rho was available, while many of the youngest donors feel an obligation to continue the heartfelt efforts of the generation before them.

For WinRho, donors must be Rh-negative. Both men and women may participate but women must no longer be able to bear children.

Also critically needed for the Win-Rho program are donors with O-positive blood who are of African-American ancestry.

For more information on Cangene donor programs, call 204-275-4630, email winnipeg@cangene.com or visit www.cangene.com/donor.htm

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ON TRACK TO A HEALTHIER YOU

A PROPER PLAN CAN HELP YOU IMPROVE YOURSELF THIS YEAR

At the beginning of every new year, many people put the push on to start making positive changes in their lives, from exercising more and eating better to quitting smoking.

Many of those with good intentions will give up in frustration before they reach their goal. But with a proper plan in place, disappointment doesn't have to rule the day.

Award-winning master personal trainer Devin Sherrington, the owner of Halifax's 360fit, offers these tips for making, and sticking to, healthy lifestyle changes.

CHOOSE ONE GOAL

Don't try to do too much at once, like ditching drinking, eating better and exercising more. Instead, start with one goal you think is realistic.

"It's less intimidating to set small 'micro goals' that are all aimed toward the bigger goal," Sherrington says. For example, if you would like to drop a couple of clothing sizes, aim to lose about five pounds per month, then focus on getting through one week at a time.

PARTNER WITH A PROFESSIONAL

If you don't know how to achieve your goal, talk with your doctor, a nutritionist or a personal trainer.

"Everyone responds differently to healthy lifestyle plans," Sherrington says.

"The experts can help you figure out the most effective way to reach your goal."

USE THE BUDDY SYSTEM

"The people who are the most successful at making healthy changes are those who have the support of a spouse, friends and family," Sherrington says.

Having even just one buddy on board makes you more accountable and honest.

"Plus, you will pick each other up when you're having a down day, which everyone does at some point," Sherrington says.

REWARD ACHIEVEMENTS

If your plan includes giving up chocolate, pizza or beer, it's best not to go cold turkey.

"It's not a bad idea to have one cheat day a week, as long as you don't overdo it," Sherrington says. "After you've been eating clean for a while, those things won't taste as good as they once did and you'll crave them less."

Other treats could be having a spa treatment or buying a new running jacket — anything that feels special.

BE PATIENT AND STAY POSITIVE

"Fitness and health should never be a negative thing," Sherrington says. "But as with all positive changes, it's important to remember that they're going to take time."

To avoid getting frustrated, don't put a deadline on long-term goals; working toward smaller micro goals will help you stay patient and positive. If you do have a down day, don't beat yourself up. Instead, pick yourself up and keep moving forward.

– Jane Doucet

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Signs of stress include anxiety, weight loss/gain, fatigue, headaches, irritability, insomnia, cravings, and memory loss.

Although some of these symptoms can be caused by other issues (improper diet, allergies, cold, flu, etc.), be aware of your body's "out-of-the-norm" responses, especially those that appear following a significant positive or negative event.

The human body responds to stress by activating the "fight-or-flight" response, releasing a hormone that activates the adrenal glands, turning some adrenal hormones "on" and others "off."

The hormones that get turned "on" are cortisol, which increases blood sugar for brain and muscle energy, and adrenalin, which increases metabolic rate and heart beat, redirecting blood to the muscles, heart, liver, and brain for greater physical strength and performance.

Once stress is gone, cortisol and adrenalin should turn "off," but chronic stress can leave them "on," preventing the body from recovering and causing cellular damage, blood sugar problems, and adrenal exhaustion.

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"We're a gym for people who want to come in, work out, and get on with their day," says Ted Petz, owner-operator of two locations in Winnipeg. "When our clients need us, we're here. That's the beauty of being open 24/7."

Indeed, you can walk into a Snap Fitness location at 3 a.m. and enjoy the same services and amenities you would in the middle of the day. That includes safe, modern cardio- and strength-training equipment; friendly staff; and a clean, comfortable space with lots of room to move around. All you have to do is show up.

"If you need help, if you've lost motivation — really, if you need a push — we can help with that too," Petz says. Snap Fitness' trainers provide expert advice during staffed hours, and the gyms offer introductory fitness programs as well, suitable for beginners or those looking to begin again.

When you belong to a gym that is always open, it's easy to get your fitness journey started. But Snap Fitness makes it easier still. If you join in January, your enrolment fee will be just $20.13. That means a workout any time you want, as often as you want, for the price of a single dinner out.

And Snap Fitness is confident you will see results. If, after purchasing your full membership, working out at the club twice per week for four weeks, and attending a Fitness Score or "Basic 8" personal training session, you still don't feel more fit and energized, the gym will refund your money.

So, is Snap Fitness right for you? Petz figures it's right for nearly everybody. His Pembina Road location was the first Snap Fitness location in Canada, and in the five years since it opened, he has seen men and women of all kinds make it a part of their lives.

"Think of it as your friendly neighbourhood gym," he says. "People get to know each other here — both the staff and their fellow patrons. We all support one another and share in the fitness journey."

You can start your own journey today by visiting snapfitness.com. To inquire about membership at Ted Petz's Pembina Highway location (2835 Pembina Highway, Unit 8), phone 204-981-3669 or email winnipeg@snapfitness.com. His St. Vital location (595 St. Anne's Rd.) can be reached at 204-415-6337 or stvital@snapfitness.com.

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SMART BUYERS SHOP AT MEYERS

2013 marks the 40th year that Muscles by Meyers Sports Nutrition has been in business, making it Manitoba's longest serving sports supplements retailer.

Centrally located in Meyers Drugs at the corner of William Avenue and Isabel Street in Winnipeg, the store has been supplying Manitoba's most dedicated fitness and bodybuilding enthusiasts with sports supplements and natural health products since 1974. Even with the arrival of national chain stores and several online sports supplement retailers, their business continues to grow year after year.

"We can attribute that to one thing — we listen," says Dave Clow, general manager at Muscles by Meyers since January 2008. "When new clients come in and ask us to provide them with certain products, we ask them questions about their current training and nutrition programs or habits. We listen closely to their answers and identify exactly what their needs are and make recommendations based on our conversation. If changes are necessary in their diet or training, our qualified staff can make suggestions and, this way, we can be 100 per cent certain that the products we recommend will work."

CONTRIBUTED

Muscles by Meyers also offers samples of many different products so consumers can "try it before they buy it," should they wish to.

Along with Clow, himself a 20-year veteran of the fitness and health industry, the staff at Muscles by Meyers includes lightweight bodybuilding champion Jon Chong, and Chelsea Szachury, a fire ranger with the Ontario Ministry of Natural Resources. Both Chong and Szachury are studying nutritional sciences at the University of Manitoba. Pharmacists are also on hand at Muscles by Meyers' parent company, Meyers Drugs Ltd., located in the same establishment.

"Our qualified staff can answer most every question when it comes to nutrition and training, and the pharmacists can ensure that our products won't interfere with any medications the customer may be taking," Clow says. "We also network with the top trainers and contest preparation specialists in the country and are constantly learning about new approaches to diet, training and supplementation and, as a result, we always carry what is in demand and getting the best results."

Muscles by Meyers offers "preferred customer" discounts to students, city of Winnipeg police, fire and paramedic employees, as well as anyone holding a current gym membership.

"All you need to do is show your cards or badges at the time of purchase, and we'll save you money," Clow says. They also offer free delivery within the city limits on all online purchases of $50 or more.

You can also shop for sports supplements online by visiting musclesbymeyers.com. They carry an astonishing array of health products and natural performance and physique enhancers with multiple choices in every category — pre-, intra- and post-workout products, amino acids, weight loss formulas, meal replacements, vitamins and minerals, herbs, joint care formulas, sexual health products, accessories and nearly 50 different protein supplements, both in-store and online.

Stop in today, or visit online at musclesbymeyers.com. You will find out why "smart buyers shop at Meyers."

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Sale prices in effect until February 17th, 2013 or while quantities last. SORRY, NO RAINCHECKS. Muscles by Meyers reserves the right to limit quantities purchased. Blowout prices CANNOT be combined with group discounts or Muscles by Meyers Preferred Customer or V.I.P. discounts.

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Feel the heat, too, when you rub it all over your body. Rub it on your children and even the paws of your pets, as well as on the hands and feet for cold exposure. For extra protection take a few drops before leaving the house.

ISTOCKPHOTO/THINKSTOCK

With Oreganol P73 it's not just the heat. Oreganol is a unique blend of wild oregano species and potent spice oils at their best.

Oreganol P73 is also an antioxidant, the active ingredients measuring 3,000 on the ORAC scall (100 times more powerful than blueberries). P73 (wild mountain phenolic power) stands for the power and potency you need to make our winter as healthy as possible. Take it every day and experience the protective power of Oreganol P73, inside and out.

THINKSTOCK IMAGES/COMSTOCK/THINKSTOCK

CHOOSE A CAREER AS A DENTAL HYGIENIST

Thanks to recent changes in legislation, a career in dental hygiene is more attractive than ever.

Ontario has joined the ranks of other provinces by allowing registered dental hygienists to practise outside a dentist's office through a process known as "self-initiation." Legislative changes and health-care reform initiatives have facilitated the public's access to dental hygiene services.

Private colleges such as the Canadian National Institute of Health (CNIH) in Ottawa provide the training for graduate dental hygienists to set up successful independent practices. CNIH encourages graduates to consider opening their own practices under a variety of business models.

"Our school offers state-of-the-art equipment and during the 18-month dental hygienist program, CNIH students learn about everything from cleaning teeth to managing an independent business," says CNIH president James Keslassy.

A new pilot project this year will see CNIH partner with the Canadian Dental Hygienist Association (CDHA) to help self-initiated dental hygienists build client pools large enough to practise independently. Through weekend clinics and continuous education courses, CNIH and CDHA will help prepare dental hygienists to pursue their dream of owning their own practice

CDHA president Sandy Lawlor adds, "the CDHA is committed to developing prospects for dental hygienists to explore independent practice. We believe that this pilot project provides members with a convenient, low-risk opportunity to explore whether or not independent practice is for them."

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SHAPES OFFERS MANY GROUP PROGRAMS

Shapes understands the benefits of group fitness. This is why it offers a comprehensive group fitness program with almost 400 classes per week at its five locations citywide.

People who participate in group exercise classes are more likely to see lasting results than people who try to go it alone. Group exercise classes are a fun, safe and effective way to work out. Shapes understands that everybody is unique and its group fitness program is made up of a variety of different styles of classes so that any member can find a class that is right for him or her.

The Group Power class is a 60-minute barbell program that strengthens all major muscles with fantastic music and simple athletic movements such as squats, lunges, presses and curls. Group Power is for all ages and fitness levels.

Group Ride is a 60-minute cycling program geared for anyone who can ride a bike. Members spin their way to burning calories and strengthening their lower body.

Zumba is an easy-to-follow, Latin-inspired, calorie-burning dance fitness party. If you are ready to party your way into shape, Zumba is the class for you.

Shapes has several other hour-long cardio classes, but for the members who want to get their workout done in a shorter period of time, Shapes now offers two 30-minute classes.

In Group Core, members can train like an athlete in 30-action packed minutes. A strong core, from shoulders to hips, will improve your athletic performance, help prevent back pain and give you ripped abs.

R30 is Shapes' newest program, allowing members to improve their fitness in only 30 minutes. Riding a bike has never been better. In this short class, members will burn calories, improve muscular endurance and build cardio fitness.

Shapes also offers an extensive hot yoga program in state-of-the-art rooms that were designed specifically to offer the best yoga experience possible. Shapes has more than 25 certified and talented yoga instructors on its team so it is able to offer a well-rounded yoga experience for its members.

The health benefits of yoga go beyond flexibility and stress relief. Yoga improves circulation, muscle strength and mobility. Many professional athletes are now adding yoga to their training routine to improve their performance. With Shapes' hot yoga program now running at all five of its locations, Shapes believes it offers the most complete group exercise program possible.

Shapes has a diverse team of more than 100 fitness instructors with various specialties to help all members achieve their fitness goals.

TESTIMONIAL

REAL-LIFE RESULTS

Tammi Milani

Hi, my name is Tammy Milani. I am 52 years young. I had always been very active as a child and leading up to my teenage years. Eventually came marriage, two children and a full time job. The needs of my family came before my own. In 2000, I was diagnosed with type 2 diabetes, but contiued to smoke and exercised "every now and then." I was a walking time bomb.

On July 24, 2008, I went to St. Boniface Hospital for an Echo Cardio Stress Test – and then it happened...I had a heart attack. From that moment on my life would change dramatically.

For 3 long years I walked, went on my treadmill, but it just wasn't cutting it. Then, ***Shapes (Westwood) opened up right across the street from where I work. I was so excited! My first class was ZUMBA®. The moment I walked into the class my life changed again – this time for the better. Not only was the class wonderful but the instructor, Tanya, was amazing. The class is so much fun – and liberating. I also attend the Kick and Yoga classes.***

Thank you Shapes!

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** No purchase necessary. Contest is open to legal residents of British Columbia, Alberta, Saskatchewan and Manitoba who have reached the age of majority in the province in which they reside at the time of entry. No employees, agents or representatives of The Bank of Nova Scotia and their respective agents, affiliates, subsidiaries, related companies, advertising or promotional agencies, or assignees; or a member of the household and/or immediate family of any of the above parties are eligible to participate in the contest. Visit scotiabank.com/giccontest for entry details and full rules. Contest starts at 12:01 a.m. on January 14, 2013 and ends at 11:59 p.m. on January 31, 2013. Odds of winning a prize depend on the total number of eligible entries received. Correctly answering a skill testing question required. Limit one prize per customer.

A fish-free option for vegans who love tuna

Ingredients

- 1 cup raw almonds soaked for a few hours in water
- 1 cup sunflower seeds soaked for a few hours in water
- 1/3 cup minced celery
- 1/4 cup minced red onion
- 1/3 cup pickles, diced
- 2 tbsp minced dill
- 1 tbsp minced oregano
- 3 tbsp lemon juice
- 1 tbsp agave
- 2 tbsp kelp granules
- 1/2 tsp sea salt
- Freshly ground black pepper to taste
- Dijon mustard
- 4 pieces whole grain rye bread, toasted
- 6 butter lettuce leaves
- 1 vine-ripened tomato, sliced

This recipe serves 4. SUBMITTED

This combination of pickles, celery, onions and black pepper will tickle the taste buds of traditional tuna lovers.

1. Blend the soaked almonds and sunflower seeds in a food processor until finely minced. Transfer into a bowl.

2. Add the celery, onion, pickles, herbs, lemon juice, agave, kelp, salt and pepper to nut/seed mixture and stir thoroughly. Set aside.

3. Spread some Dijon mustard on rye bread. Add butter lettuce and tomato.

4. Scoop a generous helping of "tuna" on each slice of bread. Finish with more black pepper, lettuce and tomato.

KRIS CARR/FROM CRAZY SEXY KITCHEN

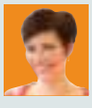
I can't believe it's not tuna!

"These are recipes people are used to, only without animal products. You won't taste the difference."

Vegan cookbook author Kris Carr, on the recipes in Crazy Sexy Kitchen

Health Solutions

The healthy side of Mexican food

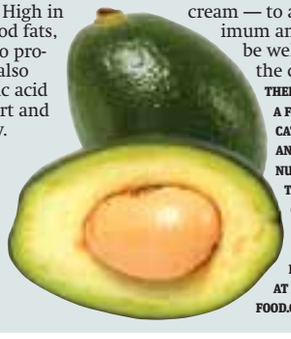


NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The taco trend is huge and, contrary to popular belief, Mexican food in its authentic form is quite healthy. It isn't all corn chips and cheese sauce. The other traditional ingredients are top-shelf anti-aging, anti-cancer, anti-obesity deliciousness.

Here are some healthy Mexican items:

Avocado: High in fibre and good fats, plus lutein to protect eyes. It also contains folic acid for your heart and unborn baby.



Tomatoes: Good source of chromium to help balance blood sugar. The anti-oxidant lycopene is more absorbable when cooked in salsa.

Corn tortillas: Choose blue corn for higher phytonutrients. It is also high in heart-healthy niacin.

Tomatillos: Contain an anti-bacterial phytochemical called withanolides and are loaded with trace minerals.

Peppers: Capcaisin is being studied as an anti-cancer nutrient. They are also full of vitamins A and C for eyes and skin.

Like any other culinary culture, it's all about the ratio. Keep the veggies high and the fried or fatty items — such as cheese and cream — to a minimum and you will be well ahead of the curve. Olé!

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Breakfast. Morning Glorious Juice

Ingredients

- 1 large cucumber
- A fistful of kale
- A fistful of romaine
- 2 or 3 stalks celery
- 1 big broccoli stem
- 1 green apple, quartered
- 1/2 peeled lemon, quartered

Cucumber is a perfect base for juice blends since it yields lots of mild, refreshing juice and minerals, and it's also a foundation of alkalinity.

1. Wash/prep all ingredients.

2. Juice all ingredients.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Why do men cheat? Filmmaker tells us what makes a philanderer tick

Q&A. Marc de Guerre's provocative documentary explores the science behind a taken man who strays

ANNE BRODIE
life@metronews.ca

Filmmaker Marc de Guerre looks at the biology and psychology of male messin' around in a documentary with insights from divorce attorneys, doctors and psychologists, bloggers and academics. Infamous cheaters like Dominique Strauss-Kahn, David Petraeus, Bill Clinton and Genghis Khan as well as society's regular Joes are put under his microscope. We spoke with de Guerre from Rome.

You find that cheating in men is hardwired, grounded in science. Is that just an "out"?
No, not morally. Whether or not it's moral, there are millions of levels of dishonesty, a million ways to break someone's heart. Our biological makeup is never an excuse. The worst outcome would be for men to feel, "Well I'm hardwired to do this." The thing that ruins that kind of thinking for men who might be tempted to throw it out there is that most men, unless they are sociopaths or psychopaths, have a conscience. Men can feel an enormous amount of guilt, that's what stops many.

Men and women are differently wired for sex. So why does 90 per cent of the population believe monogamy is the deal?
It's dishonest. And I'm amazed that that statistic keeps going up. More and more young people really believe that monogamy is best and all that. And in lots of ways it is, because in a way it's simplest and what kind of life does someone want to live? Men periodically need jolts to their psyche and testosterone, and anyone in a long-term relationship can understand that. But how much chaos does someone want to introduce to their life? It is the ultimate deal breaker and there is nothing else that remotely competes with that as a deal breaker.

Is it inevitable that some men cheat? Not necessarily. Most men do actually have a powerful conscience. ISTOCK

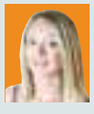
People will throw away a 30-year relationship because of it.

Really? Thirty years of companionship and sharing a life and travelling and shared friendship and throw all of that away?
But I think some people threaten to leave and then they have to back it up. That's enlightened in a weird way. All those other things are more important than the quality of the sex life. What do you expect after 20 years or even five years? Monogamy gets richer and richer in other things. The relationship grows in value of basic respect for each other. To me, the deal breaker is unhealthy treatment of one another.

What happens to men who are repressed in long-term relationships?
You see it in a lot of marriages. Men get stuck and can't find any way of expressing themselves. There are a lot of men who are so bottled up it's not funny. And pornography is one of the things that have come on-board in the last 15 years because of the Internet. Gay men say the whole point of being gay is to be honest about your sexuality and straight men are never asked who they are. They hide behind these archetypal forms of behaviour, like playing golf. If they rediscovered their sexual side, golf greens would disappear. They'd become big empty fields.

Credit card statement

Race is on to repay holiday spending



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

You need a plan to clear your balance as quickly and efficiently as possible. ISTOCK IMAGES

Still reeling from your holiday spending hangover? Brace yourself — the worst is yet to come. Inch your way toward the mailbox and retrieve your credit card statement. Look at your balance and take 10 deep breaths of fresh air.

You need a plan to clear your balance as quickly and efficiently as possible.

Start by knowing the facts. First, from today, you have approximately one week until the minimum payment on your credit card statement is due. Second, if you don't clear your balance, you'll start paying interest on your new purchases (plus the existing balance if one exists) to the tune of 19 per cent. Third, because credit card companies accrue interest charges by the day, the cost to carry credit card debt is outrageous.

Now, raise your right hand, place it over your heart and vow to go on a spending hiatus until the balance is paid off. Accruing more debt while paying off the existing will destroy your chances of becoming debt-free.

Check how much you have in your bank account and if you've got the cash, pay off your credit card.

If not, determine the full extent of your holiday spending damage. Then put your game face on, pick up the phone and start negotiating. Call your lender and ask for a lower interest rate. By presenting a competitive offer, you can persuade the lender. But, if they won't reduce the rate, transfer your business elsewhere.

Next, make more than the minimum payment, otherwise you'll barely cover the interest charges. Making minimum payments on a $1,000 balance would cost $1,000 in interest charges and take 115 months to pay off at 19 per cent interest (interest plus one per cent of the balance). If instead you paid a regular amount of $50 per month, you'd clear the balance in 25 months and pay $200 in interest. (Check outgetsmarteraboutmoney.com to see how much your credit card is costing you.)

Be resourceful and find ways to pay more. Cut out unnecessary expenses like dinners at restaurants and sell unused household items like televisions or bookshelves on Kijiji.

Because interest accrues daily on credit cards, break the interest rate cycle with more frequent payments in biweekly or weekly intervals.

If you're in way too deep, call a credit counsellor. Get excited. You have the power to rid yourself of credit card debt.

Follow Lesley on Twitter @LesleyScorgie

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- need solutions to money or debt problems?
- worried you won't (or can't) stick to a plan?
- feel overwhelmed by debt?

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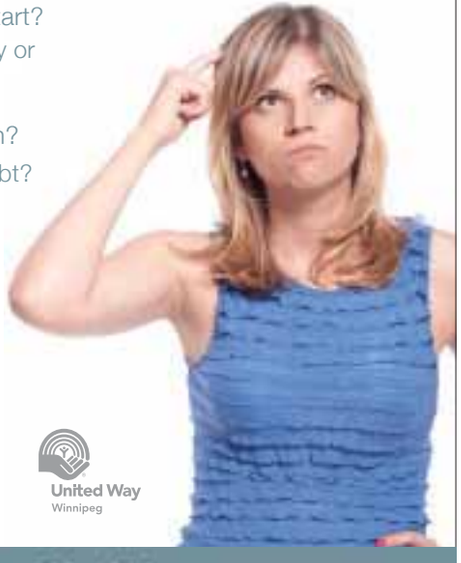

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The Bruins' Patrice Bergeron scores a shootout goal on Winnipeg Jets goalie Ondrej Pavelec in Boston on Monday. The Bruins won 2-1.
MICHAEL DWYER/THE ASSOCIATED PRESS

Bruins keep Jets at bay on power play

NHL. Winnipeg fails to convert on man advantage, including two minutes in OT

Patrice Bergeron showed why he's more than just an offensive forward.

Bergeron helped kill off a penalty in overtime before scoring in the shootout, leading the Boston Bruins to a 2-1 win over the Winnipeg Jets on Monday afternoon.

Tyler Seguin scored the other shootout goal and Brad Marchand had the regulation goal for the Bruins (2-0-0).

Boston was short-handed for two minutes 17 seconds of overtime after playing the final 71 seconds of regulation down a man.

Bergeron felt like the solid penalty killing was simply a matter of keeping things easy.

"We've stuck to our system," he said. "I guess we've kept it simple."

Tuukka Rask made 26 saves in regulation and overtime and held the Jets to only Blake Wheeler's goal in the shootout. Bryan Little, the last shooter, hit the right post to end the game.

Ondrej Pavelec made 26 saves in regulation for the Jets, but gave up goals to Boston's first two shooters in the shootout. Chris Thorburn scored for the Jets (0-1-1).

Monday's game

Bruins	Jets
2	1

In the shootout, Seguin moved in and shifted a few times before beating Pavelec with a forehand shot to the glove side. Bergeron, the second shooter, slipped the puck between Pavelec's pads.

The Jets played the final 1:11 of regulation and opening 49 seconds of OT on a power play when Johnny Boychuk high-sticked Little. Olli Jokinen's tip-in attempt slid just wide of an open side of the net in the closing seconds.

Winnipeg also had a power play for the final 1:28 of overtime when Zdeno Chara was called for holding Wheeler, but it failed to get a decent shot on net despite being set up in Boston's end for a good portion of time.

Winnipeg was 0-for-4 on the power play.

"It's disappointing when you get those opportunities in the end there," Jets forward Evander Kane said. "Myself, I can't be making those bad passes and not generating anything. That's something that we're going to have to get better at."

THE ASSOCIATED PRESS

NHL

HNIC sets ratings records in return

CBC says Hockey Night in Canada drew record numbers for the first NHL broadcast of the season Jan. 19.

The public broadcaster says the battle between the Toronto Maple Leafs and Montreal Canadiens drew a record average audience of 3.3 million viewers.

Citing ratings data from the Bureau of Broadcast Measurement, CBC said it was the most-watched regular-season Prime East game ever on the network.

And it says the Ottawa Senators and Winnipeg Jets game drew an average audience of 1.49 million viewers, breaking the record for a Saturday afternoon game.

The Vancouver Canucks and Anaheim Ducks drew nearly 1.47 million viewers. THE CANADIAN PRESS

NBA

Nets close in on Knicks atop Atlantic Division

Joe Johnson made the go-ahead jumper with 22 seconds left and scored 25 points, leading the Brooklyn Nets to an 88-85 win over the New York Knicks on Monday and a split of the four-game series between the city rivals.

Deron Williams added 14 points and 12 assists for the Nets, who cut the Knicks' Atlantic Division lead to one game.

Carmelo Anthony had 29 points and seven assists for the Knicks, but missed all six shots in the fourth quarter and finished 11 of 29 for the game.

There's still the hope of a playoff battle in the spring, with both teams well positioned to reach the post-season.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
If a friend asks you for assistance today you will do everything in your power to help them out. The more people you assist now the more they will step forward to help you later in your own moment of need.

♉ Taurus
April 21 - May 21
You need to remind important people that you still exist. Some of them may have forgotten! Make sure they know you are available when opportunity comes knocking. If you stand in the shadows you will be invisible.

♊ Gemini
May 22 - June 21
The world needs people who are not afraid to stand up and say things that the establishment won't like. The world needs people like you. Give your opinions freely and honestly today – and get ready for the backlash!

♋ Cancer
June 22 - July 23
There is no point pretending that everything is fine when you know it is not. More than anything today you need to confront your inner demons – because until you have won them over you won't win over anything else.

♌ Leo
July 24 - Aug. 23
Today's Mercury-Uranus link will help you put your feelings into words. Loved ones have been waiting for you to tell them what's going on in your heart and your head and when they do they will love you all the more.

♍ Virgo
Aug. 24 - Sept. 23
Use your time wisely today because there is a lot you have to get through on the work front. Be creative by all means but be creative with a purpose in mind. There are only 24 hours in every day.

♎ Libra
Sept. 24 - Oct. 23
No matter how overwhelming the odds may be you simply refuse to give up and over the next two or three day your stubbornness will pay off in a big way. Who said Libras lack staying power? They're wrong.

♏ Scorpio
Oct. 24 - Nov. 22
Use your incisive Scorpio mind to cut through the fog of confusion and identify the two or three things that are of real importance – and ignore everything else. Life is simple when reduced to its essentials.

♐ Sagittarius
Nov. 23 - Dec. 21
Take a few minutes out of your busy schedule to work out where you are – and don't be surprised to find you have strayed off course. Does it matter? Not really. Should you change direction again? Only if you want to.

♑ Capricorn
Dec. 22 - Jan. 20
You are now in touching distance of a goal you set yourself a long time ago. All it needs is one final push and you will cross the finishing line ahead of your rivals. Make the effort – it will be worth it.

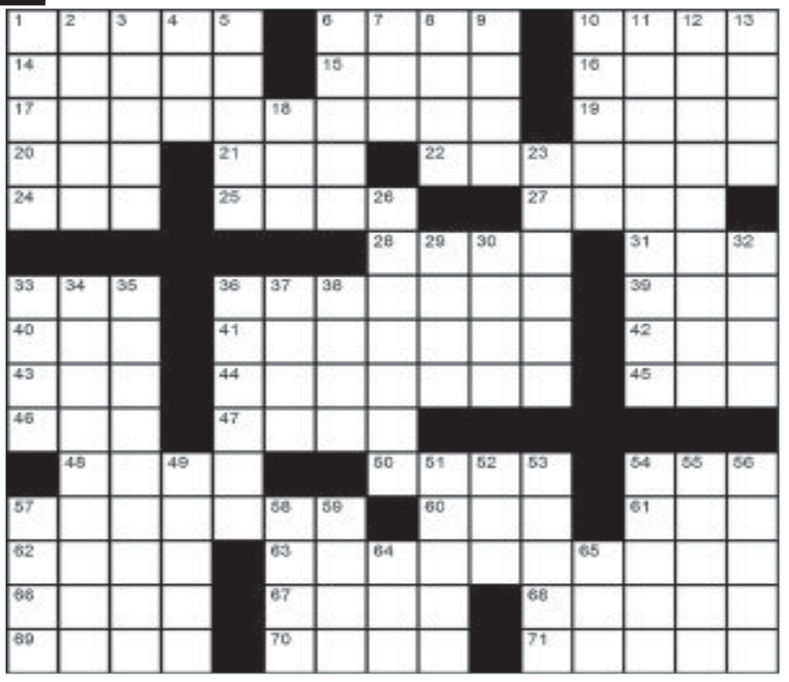
♒ Aquarius
Jan. 21 - Feb. 19
Mind planet Mercury links with your ruling planet Uranus today, helping you to see things lesser mortals tend to miss. It will work to your advantage, of course, but find ways to help other people too.

♓ Pisces
Feb. 20 - March 20
Your time would best be spent today going over old ground and making sure there are no loose ends that might trip you up later on. Remember: intuition can't reveal everything – sometimes you have to use logic as well.

SALLY BROMPTON

Crossword: Canada Across and Down

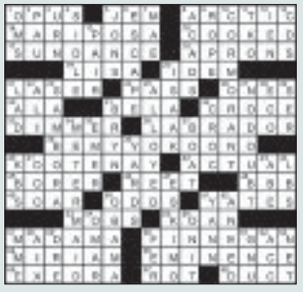
BY KELLY ANN BUCHANAN



Across
1. Hamilton-born actress on ABC series "Castle", Stana __
6. Apple product
10. CBC Radio/TV talk program, "Q with __ Ghomeshi"
14. Prefix that means 'Rainbow'
15. Video __
16. Vogue's Ms. Wintour
17. Canadian contractor: 2 wds.
19. Nutritional suggested amts.
20. Politician's positive
21. "Don't Bring Me Down" gr.
22. Kinda kind
24. Building wing
25. Bright city light
27. Leave in, in proofreading
28. Of a lyric poem
31. Low: French
33. Ohs partners
36. Canadian singer Nelly
39. Cigarette danglee
40. Ms. Benatar
41. Inclined: 3 wds.
42. Winnipeg's Ms. Vardalos
43. Knight's title
44. Political maneuvering, with Shuffle
45. "Hawaii Five-0" star, Daniel __ Kim
46. Historic time
47. So
48. Houston baseball player, informally
50. Highlander
54. Stitch
57. Ready to take on the challenge: 3 wds.
60. Legume
61. That, in Tijuana
62. __ Morne National Park, Nfld.
63. Toronto improv mecca, The __: 2 wds.
66. Tortoise's competitor
67. Romance lang.
68. Canadian territory
69. Director Mr. Pollack, et al.
70. Roman ruler
71. Ski resort's one-of-some

Down
1. Brangelina-style name for star couple West/Kardashian
2. Princess in "The Little Mermaid" (1989)
3. Mayan archaeological site
4. 'Fluor' suffix
5. "Hallelujah" songwriter Leonard
6. Domed dwelling
7. Cooking spray
8. Prayer-ender
9. Lucy's love
10. Actress, Marissa __ Winokur
11. Arcade Fire, for example: 2 wds.
12. Daughter of Nicholas II of Russia
13. Basketball player Steve
18. Toreador's taunt
23. Actor, George _. __
26. Julia Roberts flick, "__ Hill" (1999)
29. Dashiell Hammett novel, The __ Curse
30. Comic actor Eric
32. Canadian ice dancer, __-Lynn Bourne
33. Church's vaulted part
34. Broadway musical
35. Justin Bieber's hometown
36. "The X __"
37. Salt Lake City's state
38. Rapini, aka Broccoli __
49. "The Bachelor" flowers
51. Speedskater, __ Anton Ohno
52. 'Velvet' suffix
53. Belonging to Miss Gaga
54. Watch brand
55. Impede, in law
56. Garth's pal in movies
57. Recoiler's reactions
58. "Beauty __ the eye...": 2 wds.
59. Guillotine target?
64. Electric __
65. __-de-sac

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -21° MIN: -29°	MAX: -25° MIN: -31°	MAX: -21° MIN: -29°

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." WEEKDAYS 6 AM

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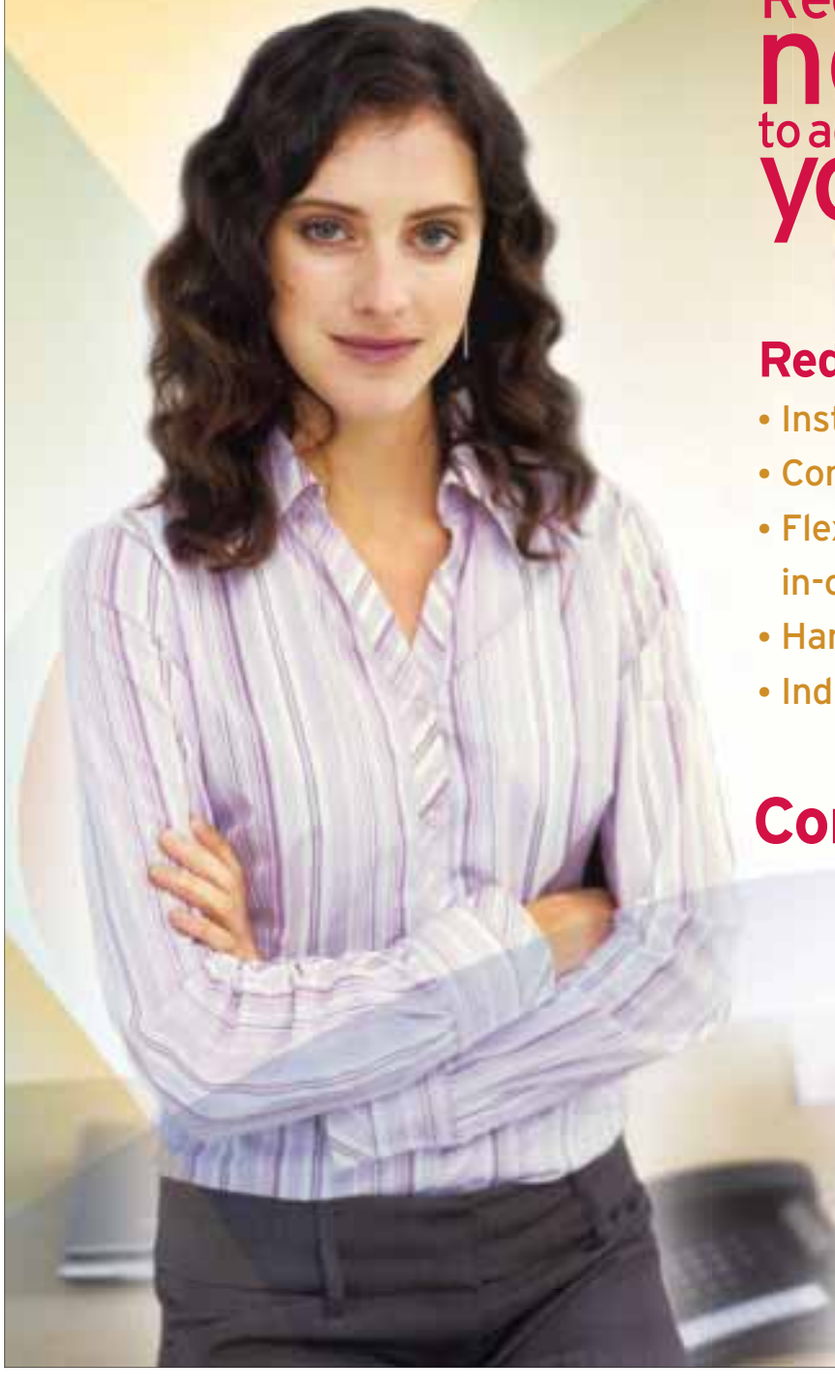

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